



Understanding Listening

- What does it truly mean to listen?
- Have you identified any instances where you were not actively listening in your interactions?

Importance of Empathy

- What do you think is the role of empathy in effective listening?
- Can you recall a situation where demonstrating empathy improved your listening skills?

Technology and Listening

- How has technology impacted our ability to listen attentively in today's fast-paced digital world?
- Have you noticed any changes in your own listening habits due to technological distractions?

Practical Application

- What specific strategies or techniques do you plan to implement to enhance your listening skills?
- How do you envision these improvements positively impacting your personal and professional relationships?